

P R E S S R E L E A S E

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Subject: Bake and Take Day

National "Bake and Take Day," celebrated this year on Saturday, March 24th, is an opportunity for individuals and community organizations to remember the elderly, shut-ins, neighbors and friends by bringing a baked wheat food to show them they are not forgotten.

The event in Montana is sponsored by the Montana Wheat and Barley Committee, a member of the Wheat Foods Council.

"In addition to promoting the use of Montana's high quality grains, the day is an ideal time for us to express our gratitude and show special people we are thankful for their friendship," says Brian Kaae, Plentywood, who is Vice Chairman of the Wheat Committee and also serves on the national council's promotion board.

The occasion was first celebrated in Sumner County, Kan., in 1970. Since 1973 the popular event has become a day of appreciation in more than one-third of the states.

An important part of this "Bake and Take Day" is to visit an individual's home when delivering the baked goods, but service groups such as 4-H, church or scouting organizations often bake grain-based dishes and then have them distributed to Meals-on-Wheels, shelters and other facilities.

This year the Wheat Committee is distributing two possible recipes that focus on whole wheat flour – "Easy Oatmeal Bread" and "Fruit Pizza." However, the special treat does not have to be sweet or limited to wheat products. Pasta casseroles and barley pilaf dishes are examples of non-dessert dishes that could be prepared. Barley, in its various forms, flaked, flour or

pearled, also lends itself to baked dishes that could be prepared quickly, travel well, and be a nutritious and tasty treat for any recipient.

"The Committee hopes Montanans will embrace the idea of 'Bake and Take Day' as a wholesome and delicious way to make a difference in their communities by showing others they care," adds Kaae. "In years past, church and school groups, Boy and Girl Scout troops and home demonstration clubs have participated, but the beauty of this event is that individuals can remember everyone from their paper carrier or a single mother next door. Everyone is a winner."

A limited number of recipe cards can be obtained by contacting the Montana Wheat and Barley Committee at 406-761-7732, or <http://wbc.agr.mt.gov>

Easy Oatmeal Bread

Makes 4 small loaves.

2 cups rolled oats
3 cups boiling water
½ cup molasses
2 packages active dry yeast
3¼ to 3¾ cups bread flour
2 cups whole wheat flour
1 tablespoon salt

In large bowl add water to oats. Cool to 120 to 130 degrees. Stir in molasses and yeast. Add 2 cups bread flour; mix thoroughly by hand or with dough hook. Mix in whole wheat flour, salt and enough bread flour to make a soft dough. Cover; let rest 10 minutes. Knead with dough hook or turn dough onto floured surface for 10 minutes or until dough is smooth and elastic.

Form into 4 loaves* and place in 7½x3½ x2-inch pans coated with non-stick spray. Let rise 1 hour or until doubled. Bake in preheated 450-degree oven 10 minutes; reduce heat to 350 degrees and bake 20 to 25 minutes, or until loaf sounds hollow when tapped with fingers. Tent with foil during last 15 minutes to prevent over browning. Remove from pan to cooling rack.

**Or form into 2 loaves and place in 9x5x2½-inch pans. Bake an additional 10 minutes at 350-degrees.*

Nutritional analysis: With 12 slices per loaf, one slice provides approximately: 78 calories, 3 g protein, 16 g carbohydrates, 1 g fiber, 1 g fat (0 saturated fat, 0 trans fat), 0 mg cholesterol, 25 mcg folate, 1 mg iron, 148 mg sodium.

Fruit Pizza

1 12-inch or 4 6-inch pizzas

Crust:

2 cups whole wheat flour

½ cup sugar
1 teaspoon baking powder
¼ teaspoon salt
½ cup margarine, room temperature
1 egg, slightly beaten
1 tablespoon water

Fruit: strawberries, canned or fresh peach slices, kiwi, blueberries, bananas, etc.

Stir together flour, sugar, baking powder and salt. With fork, mix in margarine until texture of fine meal. Stir in egg. If dough is very stiff add up to a tablespoon of water. Form into a ball. Cover; refrigerate 1 hour.

For a large pizza spray 12-inch pizza pan with cooking spray. Spread dough evenly bringing dough up slightly at the edge of pan. Bake in preheated 350-degree oven 20 minutes. Remove from pan onto a large plate. Cool.

For small pizzas cut four 6-inch circles from aluminum foil or parchment paper and place on baking sheet. Divide dough into 4 portions. Spread dough evenly onto foil circles, making a lip at the edge of dough. Bake in preheated 350-degree oven 12 to 15 minutes. Remove to cooling rack.

Arrange fruit on crust. Pour glaze evenly over fruit. Let stand 2 hours before eating.

Glaze: Mix 2 tablespoons sugar, 4 teaspoons corn starch and ¼ teaspoon cream of tartar; stir in 1 cup cold liquid (ex. ½ cup orange juice and ½ cup water) Bring to a boil; let boil over medium heat for 1 minute. Pour over fruit.

Nutritional analysis: With 20 slices, one slice provides approximately: 122 calories, 2 g protein, 18 g carbohydrates, 2 g fiber, 5 g fat (1 g saturated fat, 0 trans fat), 11 mg cholesterol, 10 mcg folate, 1 mg iron, 111 mg sodium.